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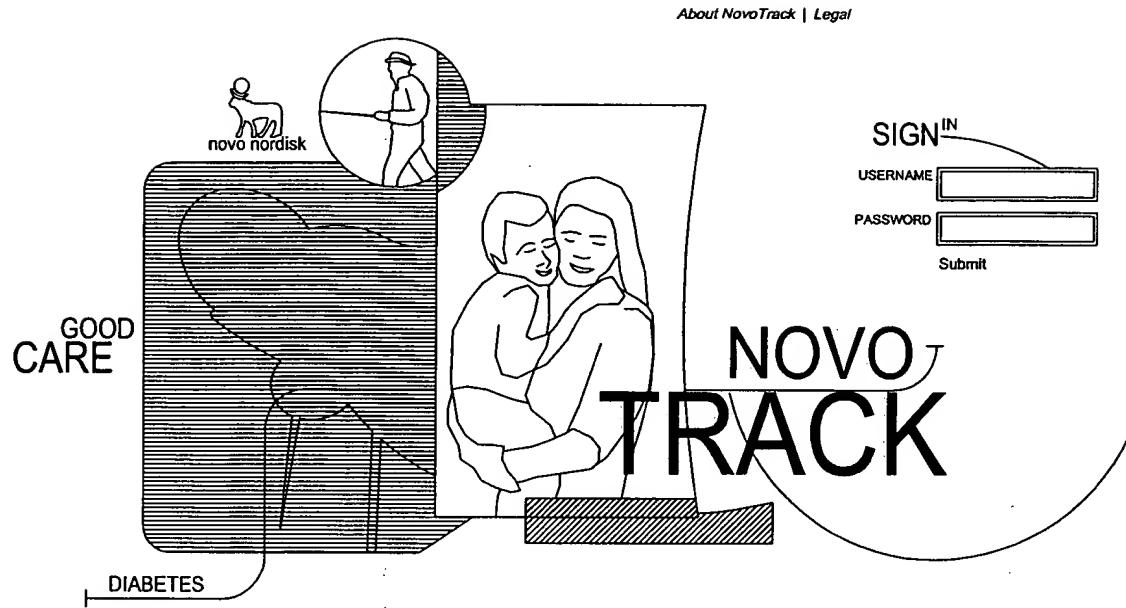
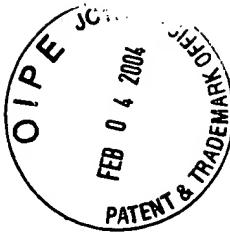


FIG. 7A



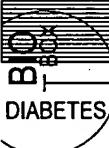
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 novo nordisk

# NOVO TRACK

Raff Ackermann  
Personal Scorecard  
Physician  
Geoffrey Gates, MD  
Diabetes Control  
A1c 7.5 %  
Next Appointment  
04/20/01  
NovoTrack Progress  
37 of 35 topics  
completed  
Message Center - 0

 DIABETES

TRACK      1 2 3 4 5 6 7      FAQS | Glossary | Credits | Legal | Home

## GUIDE TO GOOD CARE

Welcome to NovoTrack - your program to good diabetes care! This program was designed for you. You will find what you need to know about diabetes in the Guide to Good Care, Personal Scorecard and Message Center.

Guide to Good Care is a course in 7 tracks with 35 topics that were chosen to fit you and your diabetes. We recommend that you start at the beginning, but you can start anywhere and complete the topics in any order. Remember to answer the questions after reading each topic. You can reach the course by selecting a numbered button at the top of this page.

Personal Scorecard gives you access to vital information about your diabetes from your primary care provider. Explanations of each test help you to understand where you are now and where you should be going to reach the goals of good diabetes care. The Personal Scorecard can be reached from this homepage on the right or from the BioBox on the left of each page.

Message Center is a secure way to send messages to a nurse in your physician's office who can find answers to your questions about diabetes. The nurse will be following your progress through the Guide to Good Care. Remember that you and your physician make all the decisions about your individual medical care. Message Center can be reached from this homepage on the right or from the BioBox on the left of each page.

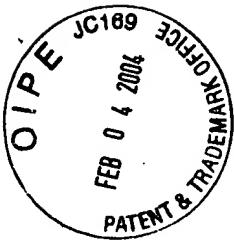
You can reach this homepage at any time by clicking on "NovoTrack" in the upper left corner or the "Home" menu item at the top of each page.

Now you are ready to get your diabetes on track - NovoTrack!

 PERSONAL SCORECARD  
Get instant access to vital info about your diabetes from your primary care provider. 

 MESSAGE CENTER  
Post a message to a CDE who can answer your questions about diabetes. 

FIG. 7B



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The screenshot shows a software interface for 'NOVO TRACK'. At the top left is the Novo Nordisk logo. At the top right are links for 'FAQS | Glossary | Credits | Legal | Home'. Below these are two numbered tracks: 'TRACK' with steps 1 through 7, and 'TRACK 2' with the step 'WHAT IS DIABETES?'. The main content area features a stylized illustration of a person's torso with internal organs. A vertical bar on the left is labeled 'DIABETES' at the bottom. On the left, a sidebar displays a 'Personal Scorecard' for 'Raff Ackermann' with the following details:

- Physician: Geoffrey Gates, MD
- Diabetes Control: A1c 7.5 %
- Next Appointment: 04/20/01
- NovoTrack Progress: 37 of 35 topics completed
- Message Center: 0

Below the sidebar is a circular icon with the letter 'B' and the word 'DIABETES'.

**This section explains how your body works and what happened when you get diabetes.**

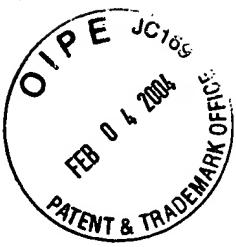
Before you had diabetes, your body automatically made adjustments to keep your blood glucose at just the right level. Now that you have diabetes, you have to think about it. You have to make decisions that your body once made to you.

This section will tell you how your body worked before you had diabetes and how it works now.

**Topics:**

- Before You Had Diabetes
- What Causes Diabetes
- Effects of Diabetes
- Who Gets Diabetes

FIG. 7C



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**NOVO**  
**TRACK**

Raff Ackermann  
Personal Scorecard  
Physician  
Geoffrey Gates, MD  
Diabetes Control  
A1c 7.5 %  
Next Appointment  
04/20/01  
NovoTrack Progress  
37 of 35 topics  
completed  
Message Center - 0

**B**  
**DIABETES**

TRACK 1

FAQS | Glossary | Credits | Legal | Home

1 2 3 4 5 6 7

TRACK 2

WHAT IS DIABETES?

**Effects of Diabetes**

**A Healthy Life**  
People with diabetes can live long and active lives. Knowing how to treat your diabetes can help you avoid the symptoms of high and low blood glucose. Maintaining good diabetes control over time reduces the risk of long term complications.

No one would want to have diabetes, but those who rise to the challenge of good diabetes care may find strengths that they never knew they had.

**High Blood Glucose**  
Both high and low blood glucose can cause symptoms that go away after the blood glucose returns to an acceptable level. In rare circumstances, extremes of either high or low blood glucose can lead to coma with results that may not be easy to reverse.

The symptoms of a very high blood glucose are thirst, excessive urination, fatigue, weakness and loss of weight. Other symptoms can occur including blurring of vision and difficulty healing wounds or fighting infections.

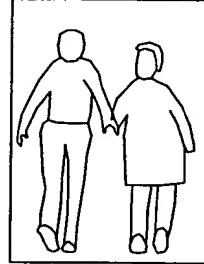
When your blood glucose is very high, the body can flush some of the excess blood glucose out of your system by putting it into the urine. You get thirsty as your body loses more and more water in the sugary urine. Frequent trips to the toilet can disturb sleep and interrupt activities during the day.

If a high blood glucose is left untreated, you can begin to lose weight. The weight you lose is not a healthy weight loss. Even though the blood glucose is high, the glucose can't get into the cells so the cells don't get the energy they need to do their work. Muscle is being broken down to make even more glucose. This results in weakness and fatigue.

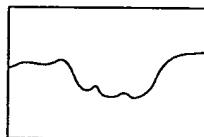
At a certain level of blood glucose, the brain cannot function well. The most severe consequences of an extremely high blood glucose are confusion and eventually coma. These complications can be prevented by the most basic diabetes care.

**Low Blood Glucose**  
Low blood glucose is usually the result of treatment that is not matched to a person's needs. This topic is covered extensively in Section 2 Using Medications Wisely.

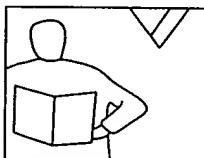
**Long-Term Complications**  
The complications of diabetes are not inevitable. High blood glucose can damage many different organs in your body. How diabetes damages an organ is complex and not completely understood even by scientists who study these problems. It has been shown by a number of studies that maintaining good control of blood glucose reduces the risk of complications. Control of other risks such as high blood pressure and cholesterol can also reduce the risk of complications.



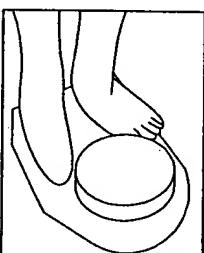
People can live long and healthy lives with diabetes.



Thirst, excessive urination and other symptoms of diabetes do not occur until the blood glucose levels are extremely high.



Loss of vision (and other long term complications) can be prevented by good diabetes care.



Weight loss because of

FIG. 7D(1)



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Each of the major complications of diabetes is discussed at greater length in Track 6 Complications.

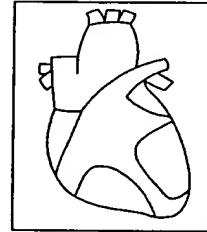
#### Heart Disease

You may not think of a heart attack as a complication of diabetes - but it is! People with diabetes are at greater risk of diseases caused by cholesterol that builds up and blocks vital arteries. People without diabetes can get blockage in an artery leading to a heart attack, stroke or other circulatory complication. Diabetes just makes all of these complications worse.

Fortunately, various treatments have been shown to reduce the risk of heart disease and other circulatory problems for people with diabetes. You can learn more about this subject in Track 4 Treating High Blood Pressure and Treating High Cholesterol and in Track 6 Heart Disease.

[Go To Questions](#)

high blood glucose is not healthy. A large part of the weight loss is muscle - with weakness and fatigue as a result.



Diabetes increases the risk of heart disease. Good diabetes care reduces the risk.

SEE HOW  
IT WORKS?



FIG. 7D(2)



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TRACK 1 2 3 4 5 6 7

WHAT IS DIABETES?

Frequent urination is always a symptom of diabetes.

True  
 False

Back to Track 2.3      NEXT

Novo TRACK  
Checkpoint

Q & A

Raff Ackermann  
Personal Scorecard  
Physician  
Geoffrey Gates, MD  
Diabetes Control  
A1c 7.5 %  
Next Appointment  
04/20/01  
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completed  
Message Center - 0

DIABETES

FIG. 7E



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FAQS | Glossary | Credits | Legal | Home

TRACK

1 2 3 4 5 6 7

# NOVO TRACK

## PERSONAL SCORECARD

Raff Ackermann  
Personal Scorecard

Physician  
Geoffrey Gates, MD  
Diabetes Control  
A1c 7.5 %  
Next Appointment  
04/20/01  
NovoTrack Progress  
37 of 35 topics  
completed  
Message Center - 0

DIABETES

How Am I Doing?

This is a good question to ask. Your personal scorecard helps you to answer this question.

Each of the test results to the right of this page has been selected with a purpose. Click on the test results to see an explanation of the test and its significance to your health.

Each test predicts the risk of one or more of the long-term complications of diabetes. For each test, treatment that moves the value towards the recommended goal is beneficial.

Not everyone can achieve the goals set by the American Diabetes Association and others. For some, these recommendations are not appropriate due to other medical concerns. You and your healthcare provider will need to decide goals that are appropriate for you. You can record these values by clicking the Personal Diabetes Goals at the bottom of the column to your right.

Personal Care

Personal Goals  
Blood Glucose Testing  
Average 7 per week

Laboratory Tests

Diabetes Control  
A1c 7.5 %

Kidney Health  
Urine albumin 532

Cholesterol Profile  
Total cholesterol - 211  
HDL cholesterol - 40  
LDL cholesterol - 110  
Triglycerides - 346

Physical Examination

Weight/BMI  
150lbs/32

Blood Pressure  
160/100

Foot Sensitivity  
sensitive

Eye Examination  
10/25/01

FIG. 7F



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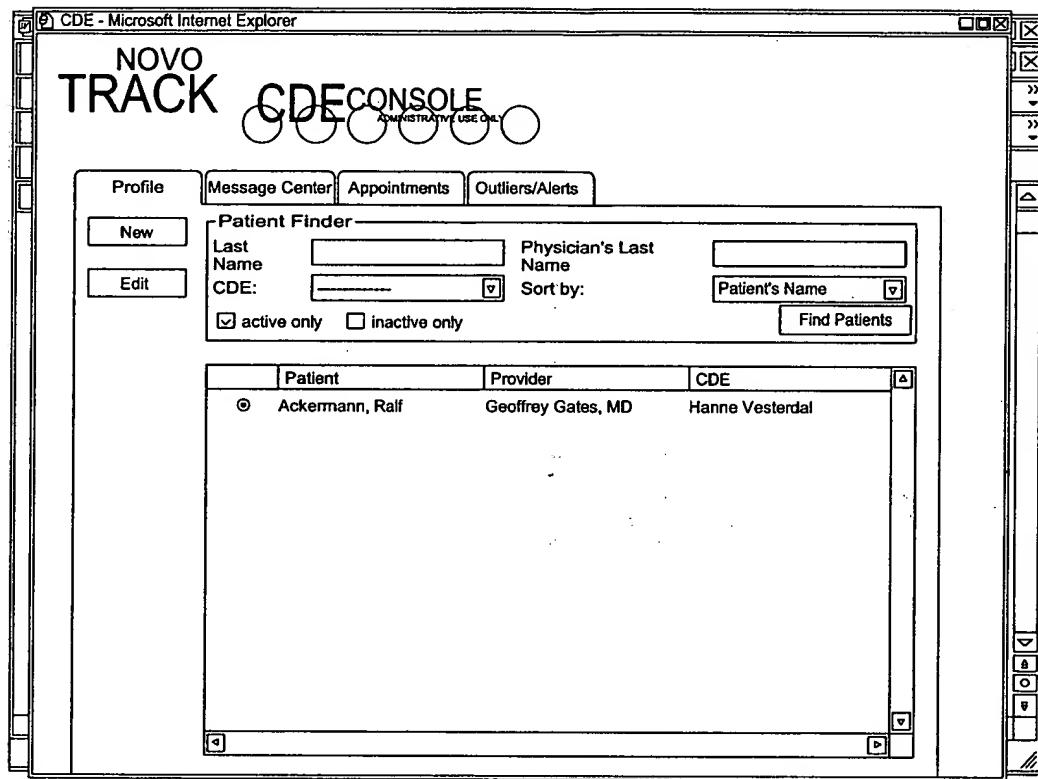


FIG. 7G



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# NOVO TRACK CDE CONSOLE

ADMINISTRATIVE USE ONLY

Profile   Message Center   Appointments   Outliers/Alerts

UserName: ralf   Inactive:

Password: \*\*\*\*   Confirm Password: [ ]

CDE: Hanne Vesterdal   Registration Date: 11/13/00

First Name: Ralf   Last Name: Ackermann

Address: [ ]  
[ ]

City: [ ]   State: [ ]   Zip Code: [ ]

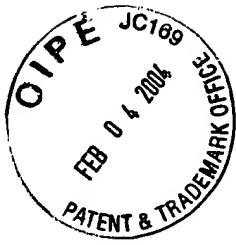
Phone: [ ]   Email: rwa@novo.dk

Medical/Goals   Reg. Questions   Track Progress   Appl Goals   Alerts

Save   Cancel

+

FIG. 7H



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# NOVOTRACK CDECONSOLE

ADMINISTRATIVE USE ONLY

Profile Message Center Appointments Outliers/Alerts

Patient: Ralf Ackermann Registration #: 201

Physician's First Name: Geoffrey Last Name: Geoffrey Suffix: MD

Type of Diabetes: Type 2 Gender: Male Age: 41 Height: 178

Foot Care: High Risk Neuropathy: Absent

Nephropathy: Present Heart Disease: Present

Retinopathy: Absent

	Results	Date	Goal
edit Alc (%)	7.5	3/29/00	7.0
edit Urine Albumin	532	10/10/00	400
edit Total cholesterol (mg/dl)	211	10/1/01	180
edit HDL (mg/dl)	40	12/13/01	40
edit LDL (mg/dl)	110	10/10/00	100
edit Triglycerides (mg/dl)	346	10/10/00	200
edit Weight (lbs)	150	10/10/00	180
edit BMI	32	10/10/00	26
edit Blood Pressure (mmHg)	160/100	10/10/00	135/80
edit Foot Sensitivity	sensitive	10/10/00	sensitive

	Blood Sugar Goals
edit Number of Tests (specify per week or day)	7 per week
edit Before Breakfast (mg/dl)	100-150
edit Before Lunch/Dinner (mg/dl)	80-140
edit 2 hours after eating (mg/dl)	less than 200
edit Bedtime (mg/dl)	120-160

Save Cancel

FIG. 7I



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A screenshot of a Microsoft Internet Explorer window titled "CDE - Microsoft Internet Explorer". The main title is "NOVOTRACK CDECONSOLE" with "ADMINISTRATIVE USE ONLY" below it. The window has a toolbar with "Profile", "Message Center", "Appointments", and "Outliers/Alerts". The main content area shows "Patient: Ralf Ackermann". Below this are six dropdown menus with the following options:

1. Subjective Duration of Diabetes:  
established patterns
2. Attitude Towards Future Complications:  
fatalistic
3. Level of Activity:  
sedentary
4. Frequency of Blood Sugar Monitoring:  
infrequent
5. Attitude Toward Smoking:  
smoker-does not want to quit
6. Attitude Toward Insulin:  
Type 2 rejects

At the bottom are "Save", "Cancel", and "Answer Key" buttons.

FIG. 7J



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CDE - Microsoft Internet Explorer

# NOVOTRACK CDECONSOLE

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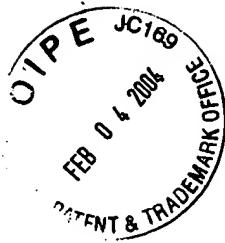
Profile Message Center Appointments Outliers/Alerts

Back

Patient: Ralf Ackermann

Table #	Topic	Date Completed	Minutes	Questions Correct.
5.4	Asking for Help	05/09/01	1	0 of 3
1.4b	Proof that Good Care Matters	03/14/01	1	3 of 3
5.1b	A Healthy Attitude	03/16/01	30	2 of 3
4.1b	How Diabetes Medication Work	03/29/01	7	0 of 3
6.5b	Treating Heart Disease	11/20/00	2	3 of 3
2.2b	What causes Diabetes	03/29/01	20	3 of 3
6.7	Dental Care	05/09/01	2	0 of 3
4.4b	Hypoglycemia	03/29/01	1	0 of 3
4.7	Treating High Blood Pressure	03/29/01	2	0 of 3
4.6	Treating High Cholesterol	05/17/01	23	3 of 3
6.1a	Preventing Retinopathy	05/09/01	2	0 of 3
6.4b	Foot Care	03/29/01	1	0 of 3

FIG. 7K



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⊕ CDE - Microsoft Internet Explorer

NOVOTRACK CDE CONSOLE

ADMINISTRATIVE USE ONLY

Profile Message Center Appointments Outliers/Alerts

Patient: Ralf Ackermann

---

*Physician*

Date of last physician Appointment :

Next Physician Appointment Goal :

Actual Physician Appointment :

*\*NOTE: Dates must be entered in the following format: m/d/yy or mm/dd/yr.*

---

*Ophthalmologist*

Date of last Ophthalmologist Appointment :

Next Ophthalmologist Appointment Goal :

Actual Ophthalmologist Appointment :

*\*NOTE: Dates must be entered in the following format: m/d/yy or mm/dd/yr.*

FIG. 7L



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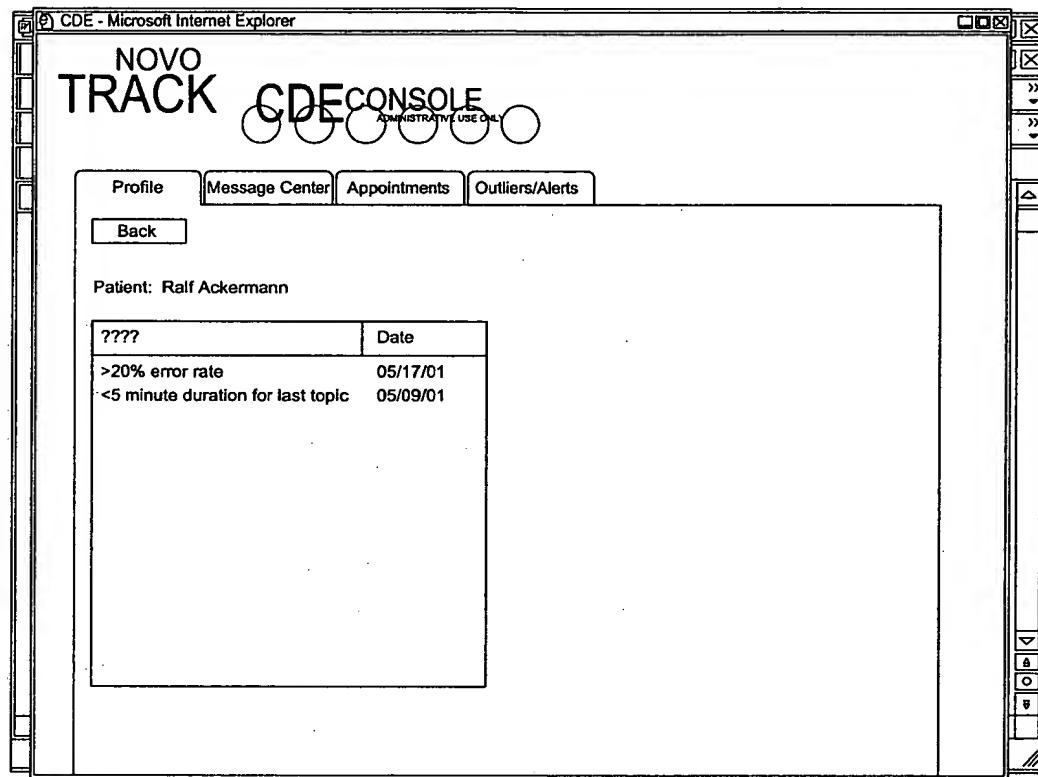
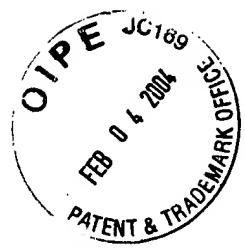


FIG. 7M



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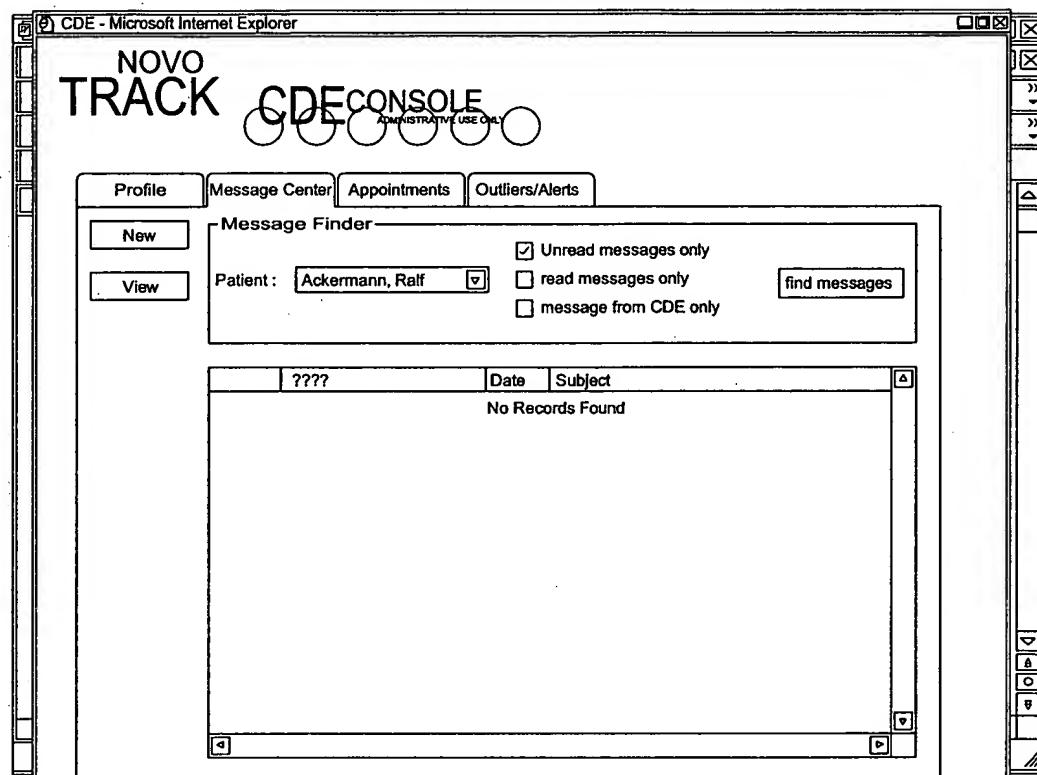
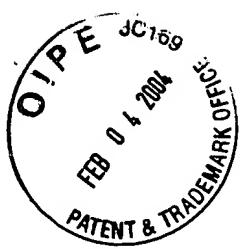


FIG. 7N



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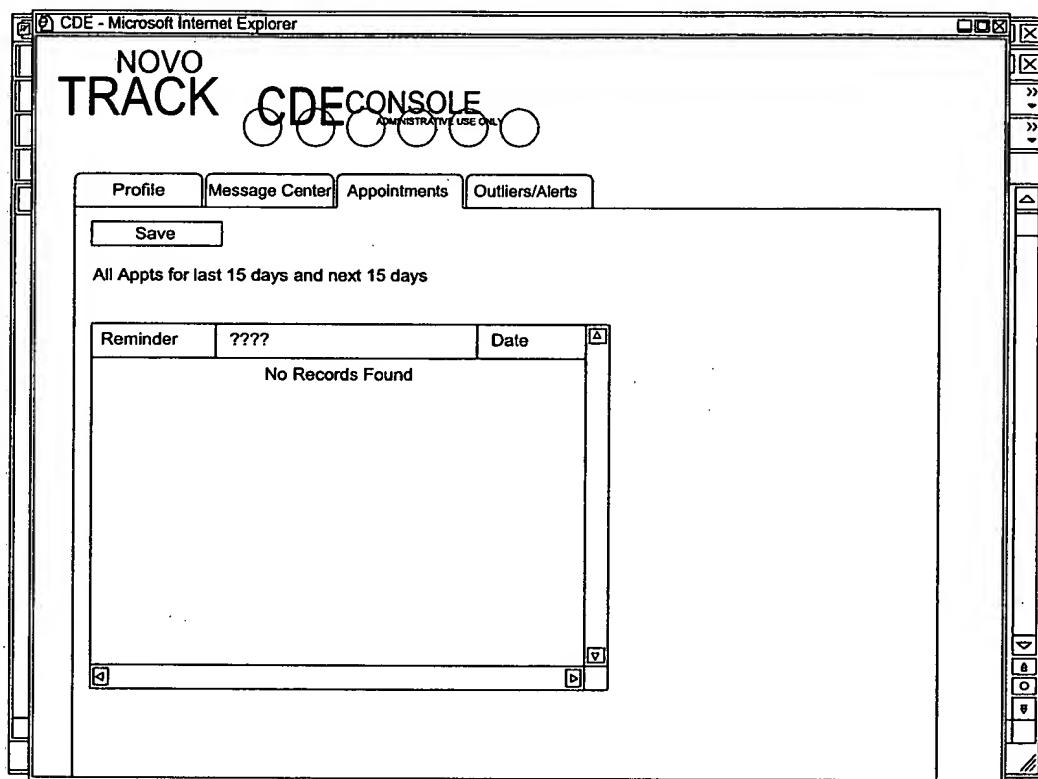
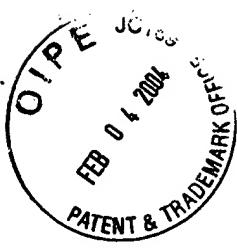


FIG. 70



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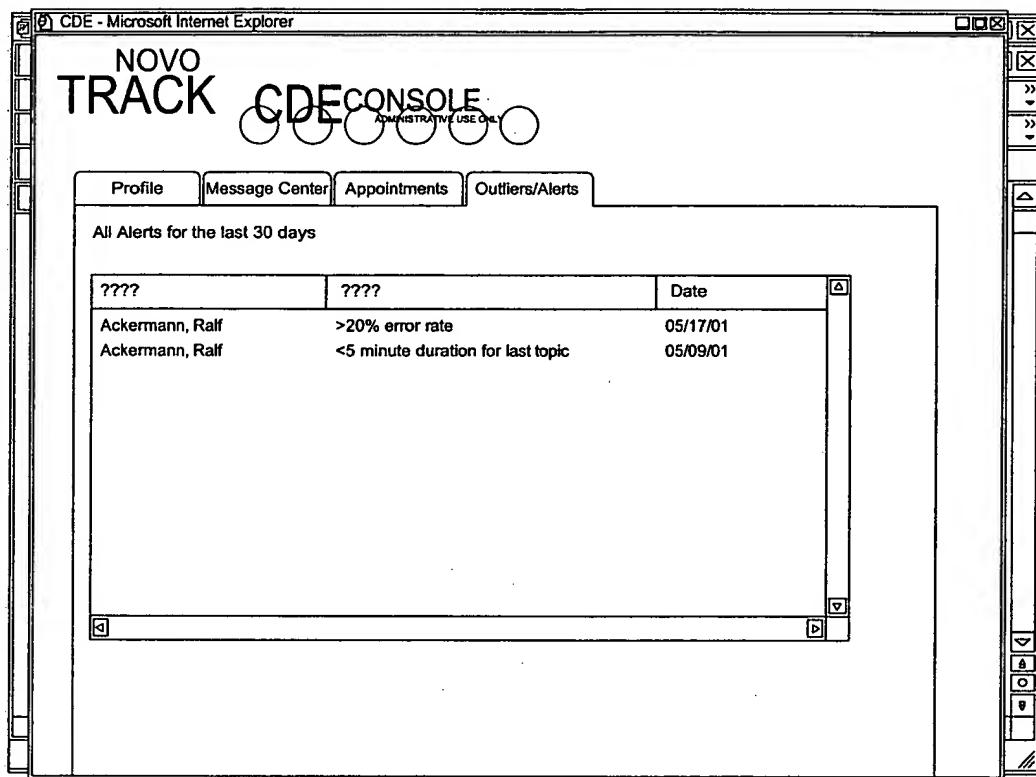
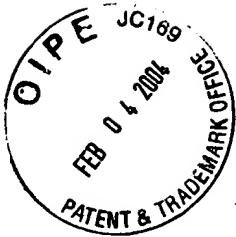


FIG. 7P



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NovoTrack Guide To Good Care Outline

Key

0.0e Title of the Topic Medical Record Data Patient Attitude Data Questions

Numbering sequence is by track, then topic. Note that a letter after the number indicates a choice of article for that topic depending on a patient characteristics entered by the patient in response to questions at the time of registration. Both the CDE and patient can edit data if required.

Track 1- Getting Good Care (4 articles: The section has 1 Medical Record choice and 1 Patient Attitude response at registration to choose perspective for the articles.)

1.1	Defining Quality Care			Questions
1.2a	Caring for yourself		New Diagnosis	Questions
1.2b	Caring for yourself		Established Patterns	Questions
1.3	Your Diabetes Care Team			Questions
1.2a	Proof that Good Care Matters	Type 1		Questions
1.4a	Proof that Good Care Matters	Type 2		Questions

Track 2- What is Diabetes (4 articles: This section has 1 Medical Record choice at registration to choose perspective for the articles.)

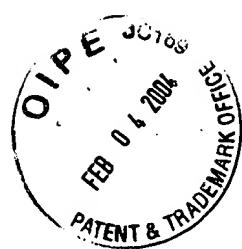
2.1	Before You Had Diabetes			Questions
2.2a	What Causes Diabetes	Type 1		Questions
2.2b	What Causes Diabetes	Type 2		Questions
2.3a	Effects of Diabetes	Type 1		Questions
2.3b	Effects of Diabetes	Type 2		Questions
2.4a	Who Gets Diabetes	Type 1		Questions
2.4b	Who Gets Diabetes	Type 2		Questions

Track 3 - Healthy Eating & Exercise (2 articles: This section has 2 Medical Record choice and 1 Patient Attitude response at registration to choose perspective for the articles.)

3.1a	Healthy Eating	Type 1		Questions
3.1b	Healthy Eating	Type 2 BMI<28		Questions
3.1c	Healthy Eating	Type 2 BMI>28		Questions
3.2a	Healthy Exercise	Type 1	Sedentary	Questions
3.2b	Healthy Exercise	Type 1	Active	Questions
3.2c	Healthy Exercise	Type 1	Disabled	Questions
3.2d	Healthy Exercise	Type 2	Sedentary	Questions
3.2e	Healthy Exercise	Type 2	Active	Questions
3.2f	Healthy Exercise	Type 2	Disabled	Questions

Track 4 - Using Medications Wisely (8 articles: This section has 1 Medical Record choice and 2 Patient Attitude response at registration to choose perspective for the articles.)

FIG. 8A



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4.1a	<u>Choosing The Right Insulin</u>	Type 1		Questions
4.1b	<u>How Diabetes Medications Work</u>	Type 2		Questions
4.2a	<u>Intensive Insulin Therapy</u>	Type 1		Questions
4.2b	<u>Combinations of Medications</u>	Type 2		Questions
4.3a	<u>Practical Tips For Insulin Use</u>	Type 1		Questions
4.3b	<u>Insulin For Your Diabetes</u>	Type 2	Accepts Injections	Questions
4.3c	<u>Insulin For Your Diabetes</u>	Type 2	Rejects Injections	Questions
4.4a	<u>Hypoglycemia</u>	Type 1		Questions
4.4b	<u>Hypoglycemia</u>	Type 2		Questions
4.5a	<u>Monitoring Your Blood Sugar</u>	Type 1	Infrequent Monitoring	Questions
4.5b	<u>Monitoring Your Blood Sugar</u>	Type 1	Frequent Monitoring	Questions
4.5c	<u>Monitoring Your Blood Sugar</u>	Type 2	Infrequent Monitoring	Questions
4.5d	<u>Monitoring Your Blood Sugar</u>	Type 2	Frequent Monitoring	Questions
4.6	<u>Treating High Cholesterol</u>			Questions
4.7	<u>Treating High Blood Pressure</u>			Questions
4.8	<u>Benefits of Aspirin</u>			Questions

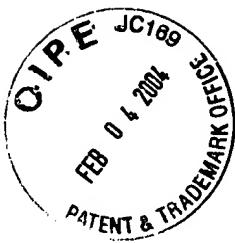
Track 5- Family, Friends & Feelings(4 articles: This section has 1 Patient Attitude response at registration to choose perspective for the articles.)

5.1a	<u>A Healthy Attitude</u>		Optimistic	Questions
5.1b	<u>A Healthy Attitude</u>		Balanced	Questions
5.1c	<u>A Healthy Attitude</u>		Pessimistic	Questions
5.2	<u>Setting Goals</u>			Questions
5.3	<u>Family &amp; friends</u>			Questions
5.4	<u>Getting Help</u>			Questions

Track 6- Complications (7 articles: This section has 5 Medical Record choices and 1 Patient Attitude response at registration to choose perspective for the articles.)

6.1a	<u>Preventing Retinopathy</u>	Complication Absent		Questions
6.1b	<u>Treating Retinopathy</u>	Complication Present		Questions
6.2a	<u>Preventing Neuropathy</u>	Complication Absent		Questions
6.2b	<u>Treating Neuropathy</u>	Complication Present		Questions
6.3a	<u>Preventing Nephropathy</u>	Complication Absent		Questions
6.3b	<u>Treating Nephropathy</u>	Complication Present		Questions
6.4a	<u>Foot Care</u>	Low Risk		Questions
6.4b	<u>Foot Care</u>	High Risk		Questions
6.5a	<u>Preventing Heart Disease</u>	No Ischemia		Questions
6.5b	<u>Treating Heart Disease</u>	Prior/Current Ischemia		Questions

FIG. 8B



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6.6a	<u>Smoking</u>		Nonsmoker	Questions
6.6b	<u>Smoking</u>		Smokes - Wants to quit	Questions
6.6c	<u>Smoking</u>		Smokes - Doesn't want to quit	Questions
6.7	<u>Dental Care</u>			Questions

Track 7- Special Situations (5 articles: This section has 3 Medical Record choices at registration to choose perspective for the articles.)

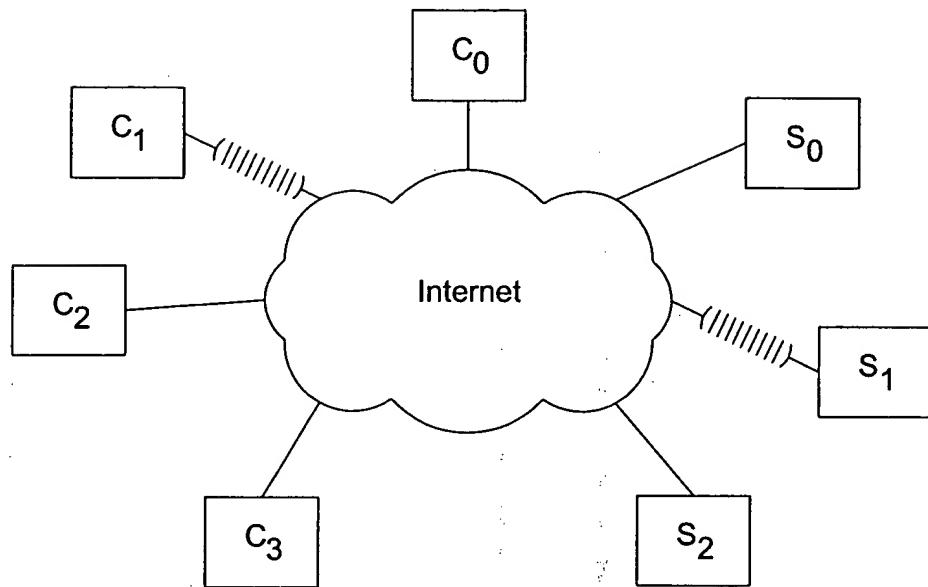
7.1a	<u>Driving</u>	Type 1		Questions
7.1b	<u>Driving</u>	Type 2		Questions
7.2a	<u>Traveling</u>	Type 1		Questions
7.2b	<u>Traveling</u>	Type 2		Questions
7.3a	<u>Employment</u>	< 62 years old		Questions
7.3b	<u>Retirement</u>	> 62 years old		Questions
7.4a	<u>Insurance</u>	< 62 years old		Questions
7.4b	<u>Medicare</u>	> 62 years old		Questions
7.5a	<u>Men's Sexuality</u>	Male		Questions
7.5b	<u>Women's Sexuality</u>	Female, < 45 years Old		Questions
7.5c	<u>Women's Sexuality</u>	Female, > 45 years Old		Questions
7.6a	<u>Sick Days</u>	Type 1		Questions
7.6b	<u>Sick Days</u>	Type 2		Questions

FIG. 8C

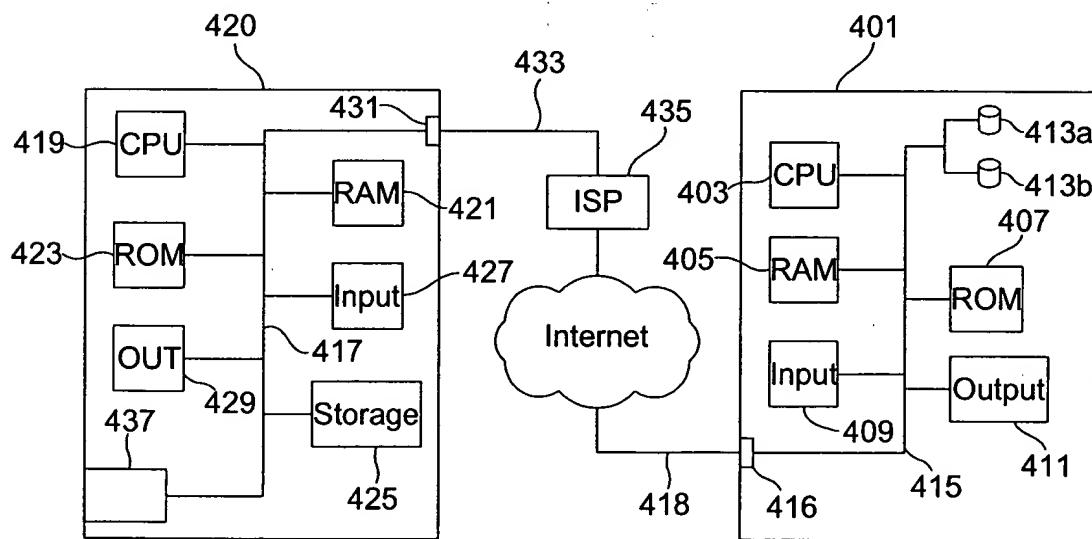


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**FIG. 9**  
(PRIOR ART)



**FIG. 10**  
(PRIOR ART)